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## DEPARTMENT OF VISITING NURSING AND SOCIAL WELFARE

IN CHARGE OF

EDNA L. FOLEY, R.N.

OHIO. *Dayton.* A daily gift of 15 gallons of milk to the Visiting Nurse Association is being distributed in a very ingenious way. To quote from the monthly report of the superintendent Elizabeth G. Fox (Johns Hopkins):

The milk is to be delivered at the milk station in the Arcade daily. The Dayton Paper Box Company has given us 5000 paper milk bottles. Lavinia will bottle the milk as soon as it comes, then one of the sanitary officers will distribute it to four schools: Webster in North Dayton; Washington out near Springfield St.; Edison in the west side Hungarian district; and Garfield in the colored district. I have had some tickets typewritten. The nurses will distribute these to from 40 to 50 families in which there is tuberculosis or small children and an insufficient income to feed them. These children will then take the tickets to the principal of one of these schools who will give them the milk daily as they go home from school. In this way we are going to be able to put a quart of milk daily into from 40 to 50 homes where it is most needed, at no expense whatever.

"No expense," good thinking and additional work for several people, assumed willingly, that a much-needed article of diet may reach as many homes as possible. This is indeed the true spirit of social service. Dayton now has twelve public health nurses, a second nurse being supported by the Tuberculosis Society. The directors of the Visiting Nurse Association are also putting on an emergency nurse. The work has more than doubled during the past year.

ILLINOIS. The nurses of the Visiting Nurse Association of Chicago report that the unemployment situation has made their work much more difficult. A great deal of illness is being reported and the work has increased steadily since November first. Many people who have never sought help of any kind before are now asking for visiting nurse care. One workingman visited the main office recently and left a dollar, saying he was hard up when the nurse cared for his wife but that he didn't want the Association to feel that he wasn't properly grateful for its care of her. The problem of food and fuel in many homes is a serious one.

At the February meeting of the directors, three additional relief nurses were added to the staff, making a total of 73 nurses. A new

half-time industrial district has also been opened recently. A former half-time industrial nurse used to give her morning to plant work and calls but this proved unsatisfactory, so the experiment is being tried of putting the nurse in the industrial district Monday, Wednesday and Friday and for relief in the general districts on the other three days. This plan is working out very well. Alma Carlstrom (Washington Park Hospital) has been given this appointment.

An interesting paper on "The Treatment of Varicose Ulcers in District Homes" was prepared by Mary Pritchard and Mary Strain (Henrotin Memorial Hospital) and read at the February staff meeting of the Visiting Nurse Association. Other papers on visiting nurse problems are in the process of preparation. This idea was borrowed from the "Nurses' Study Class of the Tuberculosis Visiting Nurses," which has had papers prepared by its own staff members, read at its regular monthly meetings for the past year. The first six of these papers have been published in pamphlet form and is a helpful addition to tuberculosis nursing literature. The tuberculosis staff now has 55 nurses and all of the tuberculosis nursing work in the city, bed-side care as well as instructive and dispensary work, is being done by them.

The Infant Welfare Society doubled its nursing staff in 1914 and now has 24 nurses. In the recent fine Public Health Exhibition at the City Club, its section was one of the most frequently visited.

The Illinois Society for Mental Hygiene has recently opened a workshop where its border line and convalescent patients will be given employment. Recently the Society exhibited an old fashioned bed quilt that was beautifully handmade. Every stitch was taken by a "queer" little woman more than 70 years old whose neighbors were anxious to have her declared insane that she might be removed to an institution. The poor old soul was lonely and idle and cross. As soon as materials for this work were given her, her mental condition cleared as if by magic. The quilt was sold for \$100 and proud indeed was its maker when she was told that she might make as many more as she pleased.

IOWA. A special Infant Welfare Nurse for Des Moines was supported by the Visiting Nurse Association and the city during the summer of 1914 and a very systematic effort was made to reach all the babies. Three hundred and fifteen babies were cared for, a special conference was held twice a week and all of the visiting nurses taught milk modification in the babies' homes and emphasized both the pre-natal and baby instruction.

VACATION SKETCHES

(Continued from page 503)

*Tuesday, August 11.* Spent the morning making rounds with Miss Wallace of the staff of the Nurses' Home in Bessborough Gardens, supported by the Westminster Nursing Committee and affiliated with the Queen Victoria Jubilee Institute for Nurses. Four nurses and their superintendent, Grace H. Vaughan, live at this home of which there was time only for a glimpse into a very comfortable nurses' sitting-room and a well stocked supply-room. The staff uniform consists of a dark blue gingham dress made with sleeves that come just below the elbow; long cuffs of the same material reach to the elbow and are fastened by an elastic band, thus doing away with the need of removing white cuffs and rolling up one's sleeves. (White cuffs are attractive only when fresh and there is loss of motion in their very frequent removal, whether pins or buttons are used.) A white apron of butcher's cotton, made hospital-bib fashion with long straps crossed over the back and a stiff bishop's collar fastened with one button in front, complete the indoor costume. The outdoor one consists of a long blue cape made with a fitted yoke and a small blue straw bonnet with no veil but fastened under the chin with white linen strings and bow. The apron is worn under the cape and is not removed between visits. The bag was a black satchel with a removable cotton lining, and although well stocked with turpentine, methylated spirits and a disinfectant, three ointment tins, boracic and starch powder, an instrument case, an enema syringe, a rectal tube and funnel and three small dressing basins, was light to carry, weighing probably less than six pounds. One especially good feature was an outside pocket for papers, records, fountain pen, etc., which were protected by a leathern flap fastened by two small clasps. Uncorked lysol or sweet oil bottles can't injure the papers of a Queen's nurse, nor need the contents of a whole bag be exposed to dust in a hasty search for a card or a fountain pen.

Our calls took us through side streets, most of which were lined with monotonous rows of two-story cottages that are indeed better than our high tenements but not so comfortable as our small individual homes. This was not at all a pauper district and the interiors compared favorably with our own in similar neighborhoods. The little coal grate replaces our kitchen ranges and vicious air-tight stoves and the feather bed seems to be preferred by the patients. Good nursing technique is the same everywhere and the poor chronics to whom this Queen's nurse makes a daily visit look forward to the call of their

"Jubilee Washer" with as much impatience as ours anticipate us. Our rounds took us past St. Vincent Square where hundreds of soldiers were encamped, fine, alert young Englishmen, fit defenders of their country. The world can ill spare the fifteen million young European men who, it has been estimated, will be sacrificed in this needless war.

In the afternoon, I visited the Nursery Maids' Training School in Hackney, a year's course for young girls who desire to become small children's nurses. This course was instituted in 1911 by the Women's Industrial Council and has become so popular that there is always a waiting list of students, although the tuition is \$180 for the year and no uniforms are furnished. Under the direction of a house superintendent, the girls are taught to do all the housework, except the heavy cleaning, and to care for well children. In order to provide material for their practice work, ten or more children under four years of age are boarded and every detail of their care during the twenty-four hours is taught the pupils. Naturally there is a great demand for girls so trained and the one house in Hackney is far too small. The Women's Industrial Council has asked the London County Council for scholarships and an equipment grant, for the school is not self-supporting, but this has not yet been given. The work is unique in that well children, not sick or tiny babies, are cared for and the pupils spend the entire time at the school, and pay for the privilege. The training is excellent.

*August 16. Sunday.* Attended service at Southwark Cathedral, formerly St. Saviour's church, with Julia Stimson of St. Louis, another stranded American. The church dates from the 12th century and is full of quaint tombs and monuments. Shakespear, Chaucer, Gower and John Harvard were known to the old church as the statues and windows and fine Harvard memorial chapel testify. In the beautiful lady-chapel the first six Smithfield martyrs were tried and condemned. The church has of course been restored, but the charm of antiquity still surrounds it. It lies in the heart of one of London's poor sections, across the river and on the way to the "Old Kent Road" of ballad fame.

*(To be continued.)*